



## **Community Recreation Resources**

**Resources are Subject to Change**

Tami Pasquel – [tamara.pasquel@va.gov](mailto:tamara.pasquel@va.gov) 813-610-2011

### **Adaptive Sports and Recreation Mission Statement:**

The James A. Haley Veteran's Hospital Adaptive Sports Program is established to use adaptive sports, recreation, and fitness opportunities as an extension of the continued rehabilitation process for our veterans with disabilities. By placing responsibility on the individual to pursue their leisure interests, we foster independence and integration into the community with the help of peer support and partnerships.

### **Your next step:**

- After reviewing the resource packet you may contact the organization directly if you are interested in participating in their upcoming programs.
- All recreation programs (except Rock Climbing) are located in the community. Adaptive Sports assists in making your life as normal as possible in the community. We do not wish to disable you by having you rely on the hospital for your recreational pursuits.
- The Adaptive Sports Program (ASP) resource packet contains community based organizations that offer a variety of recreational opportunities. Please keep this packet so you may refer to it as needed. Point of Contact information is provided when available for you to contact directly to sign up for their scheduled events.
- You may participate as often or as little as you wish at any given time. You will not be discharged from the Adaptive Sports Program unless you request to be removed. No further consults are required once you have received this information.
- In order to participate you may contact the program of interest directly (refer to resource packet). From this day forward you have the resources to create your rehabilitation through recreation. There are opportunities on a daily, weekly, monthly basis. We always encourage that you pace yourself, especially if you are just starting to return to physical activity. Create a schedule that fits you and as you progress your recreational interest should increase.
- If you have any questions, please contact us and we will answer your questions to the best of our ability. You may contact Adaptive Sports any time if you have questions.

## **Archery**

### **Adventures Archery**

2210 S. US 301, Suite 200, Tampa, Fl 33619

Offers Archery classes, instructions, Competition events. Show Military or VA card for discount.

### **Arrowhead Archery**

10818 U.S. 92, Tampa; (813) 621-4279

Show military ID or VA ID to use Indoor Range for \$1

### **Gasparilla Bowmen**

17302 N. Dale Mabry, Lutz

Contact: Jim Haaf 813-748-1287; [jdhaaf@yahoo.com](mailto:jdhaaf@yahoo.com)

Competition opportunities. Call for current schedule.

### **Kingdom Archers**

Durant, Fl

Email – [dpawlowski@trinitysportsman.org](mailto:dpawlowski@trinitysportsman.org)

3D Archery

### **Tampa Bay Sporting Clays**

10514 Ehren Cutoff, Land O' Lakes, Fl 34639

[www.NYTBSC.com](http://www.NYTBSC.com) or 813-929-6200

Archery Tournaments. Contact for current schedule

### **Tenoroc Fish Management Area**

3755 Tenoroc Mine Road, Lakeland, FL 33801 via Exit 38 off I-4

(863) 668-5795

Outdoor Range

### **Tampa Archery School**

14520 N. Florida Ave., Tampa 33613

813-704-0845

### **Tampa Archery School**

4405 W. South Ave., Tampa 33614

813-704-0845

## **Boating**

Bird Dog Boats of Florida, Inc.  
15350 Amberly Dr. Unit 3911, Tampa  
Tel: 813-507-5499; Email: [thomas.griffin@birddogboats.com](mailto:thomas.griffin@birddogboats.com)  
Website: [www.birddogboats.com](http://www.birddogboats.com)

-Provide programs and venues for individuals with disabilities to develop independence, confidence, and fitness through participation in outdoor boating sports.

### **FAVE Boating**

101 22<sup>nd</sup> St NW, Ruskin; <https://www.mywarriorsplace.org/fave-boating-expeditions>  
Will Clark 863-398-5537

Expeditions for canoeing, kayaking, paddle boards, paddle boats and boats. They offer Fishing Charter and pleasure cruises.

## **Bowling**

American Wheelchair Bowling Association  
Wayne Webber 727-738-1342 or [wwebber69@tampabay.rr.com](mailto:wwebber69@tampabay.rr.com)

-offers mixed bowling league opportunities. Call for schedule on practice times and league opportunities. For all levels of abilities.

## **Cycling**

### **Achilles**

[mbryant@achillestrackclub.org](mailto:mbryant@achillestrackclub.org); [www.achillestrackclub.org](http://www.achillestrackclub.org)– offers sponsorships for local and national marathons if you meet the qualifying criteria.

### **Project Hero Program**

This program provides weekly rides in the Tampa Bay/Orlando region. The rides are divided by experience and goals to assist you. The rides provide a recreational outlet as well as opportunities to train for Marathons and Triathlons. To RSVP to attend a scheduled ride please contact the Lead Rider.

**Project Hero of Pinellas** – Kelly McDonald and Mitch Lee

[projectheropinellas@gmail.com](mailto:projectheropinellas@gmail.com) 727-888-3828

**Project Hero at Orlando** – Dovi Goren [dovig7@gmail.com](mailto:dovig7@gmail.com) or 407 463 0774

**Project Hero Daytona** - Joseph Teipen 239-297-3324 [jsteipem@aol.com](mailto:jsteipem@aol.com)

### **Shifting Gears United**

177 US Highway 1N, Tequesta, FL

Jacqui Kapinowski, President, [jacqui@shiftinggearsunited.org](mailto:jacqui@shiftinggearsunited.org) 561-701-2850

## **Dancing**

Moving Current Dance Collective

Classes are ongoing. Contact Mr Santiago for schedule.

EDGAR SANTIAGO [edgar.santiago1965@gmail.com](mailto:edgar.santiago1965@gmail.com)

REVolutions Dance

Hope U Dance” dance studio, 255 Forest Lakes Blvd., Oldsmar Fl, 35677.

Visit their website at: <http://www.revdance.org>

## **Dragon Boat Racing**

**The Thunder Dragons Racing Team** offers weekly practice sessions to teach Dragon Boat Racing.

Contact: Dennis – 727-733-4897; [Dennis.tarno@hotmail.com](mailto:Dennis.tarno@hotmail.com)

## **Fishing**

**Assistance with license**

<http://myfwc.com/license/accessibility/license/>

<http://www.military.com/benefits/veteran-state-benefits/florida-state-veterans-benefits.html> Hunting and Fishing License

**Vet Catch**

<https://www.vetcatchinc.org/>

Jeremy Gordon - (915) 443-3658

Enables Veterans to have an experience on the water, free of charge! This includes travel, lodging, meals, and chartering.

### **Freedom Waters Foundation**

Naples and Fort Lauderdale - 239-263-2377

<https://www.freedomwatersfoundation.org/programs/#veteransProgram2>;

## **Fly Fishing**

### **Healing Waters – Tampa**

Contact: Joe Perez [joeperez598@gmail.com](mailto:joeperez598@gmail.com) or 813-445-9821

Website: <http://www.projecthealingwaters.org>

<https://www.facebook.com/profile.php?id=100009393255327>

<https://www.facebook.com/PHWFF.Tampa/>

-Teach fly tying skills and fly fishing, fishing opportunities

### **Healing Waters – The Villages**

Contact: Larry Nazzaro

[lmnazzaro@comcast.net](mailto:lmnazzaro@comcast.net)

## **Kayak Fishing**

### **Heroes on the Water – Ft Myers**

Esteban Gutierrez 813-471-7234

### **Heroes on the Water – Orlando**

Andres Rosario 407-810-4879

### **Heroes on the Water - Sarasota**

Jimmy Bailey [sarasota@heroesonthewater.org](mailto:sarasota@heroesonthewater.org) or 315-921-9870

Facebook: <https://www.facebook.com/HeroesOnTheWaterSarasota?ref=ts>

### **Heroes on the Water – Southwest Florida**

Tim Zimmerman <https://www.facebook.com/HOWSouthwestFlorida>

[swflorida@heroesonthewater.org](mailto:swflorida@heroesonthewater.org)

### **Heroes on the Water – Tampa**

Aric Quitugua -Tampa Chapter Coordinator

<https://m.facebook.com/Heroes-on-the-Water-Tampa-Bay-FL-Chapter-987657637982734/>

email: [tampabayfl@heroesonthewater.org](mailto:tampabayfl@heroesonthewater.org)

## **Fitness**

**All People's Life Center** – Work out gym & ½ mile outdoor paved trail  
6105 E. Sligh Ave, Tampa 892-0053

\$10 per month membership / show valid ID

### **City of Temple Terrace Recreation Center**

6610 Whiteway Dr, Temple Terrace 813-506-6600

- Olympic Size Pool
- Tennis Courts
- Pickleball
- Fitness Gym
- Racquetball Court

### **Jackson Springs Recreation Center -**

8620 Jackson Springs Rd., Tampa 813- 554- 5004

- Accessible gym - \$10 per month
- Sitting Volleyball – Free

### **Long Center**

**Clearwater** [dawn.lewellyn@myclearwater.com](mailto:dawn.lewellyn@myclearwater.com)

### **YMCA – Tampa Palms Branch**

16221 Compton Dr, Tampa; 813-866-9622

- Waive Membership fees, monthly rate is based on income

### **City of Dunedin Parks & Recreation - Dunedin**

1920 Pinehurst Road, Dunedin

Contact: Rob Mirlenbrink (727) 812-4543 or [RMirlenbrink@DunedinFL.Net](mailto:RMirlenbrink@DunedinFL.Net)

### **Impact Fitness**

21145 Leonard Rd, Lutz

Contact: Denny Locascio - 813-345-8209 and e-mail: [impactfitness922@gmail.com](mailto:impactfitness922@gmail.com)

Offers Adaptive one-on-one personal training and group training. Focus on Increasing Flexibility, Building Strength, Adaptive Cardio, Recovery Exercises.

Free Fitness Session the first Friday of every month at 6pm.

### **CIGAR CITY CROSSFIT Ybor**

1703 N 24th St, Tampa

Contact Benjamin - [benjamin.bunn@cigarcitycrossfit.com](mailto:benjamin.bunn@cigarcitycrossfit.com) or (813) 559-0129

- **Adaptive/Functional Fitness**  
1<sup>st</sup> & 3<sup>rd</sup> Thursdays each month @ 10:00a – 11:00a
- **Community Crossfit** (Free for veterans and their family & friends)  
Wednesdays @ 5:00p  
Saturdays @ 10:00a

## **Fitness Groups**

**TEAM RED WHITE AND BLUE** - offered weekly in groups and one-on-one sessions. They also compete in local events. New members can sign up in one minute at <http://www.teamrwb.org/get-involved/join-the-team>; <https://www.teamrwb.org/chapter-locations>

For up to date local event information Team RWB is now primarily using their App.

Tampa Chapter - Kevin Cheeley [kevin.cheeley@teamrwb.org](mailto:kevin.cheeley@teamrwb.org)

Orlando Chapter - Heather Hargrove [heather.hargrove@teamrwb.org](mailto:heather.hargrove@teamrwb.org)

Daytona Chapter - Lani Faulkner [lani.faulkner@teamrwb.org](mailto:lani.faulkner@teamrwb.org)

Fort Lauderdale (Organizing) - Elaine Seth [elaine.seth@teamrwb.org](mailto:elaine.seth@teamrwb.org)

Fort Myers (Organizing) - Dennis Ballard [dennis.ballard@teamrwb.org](mailto:dennis.ballard@teamrwb.org)

Fort Walton Chapter - Joseph Throgmorton [joseph.throgmorton@teamrwb.org](mailto:joseph.throgmorton@teamrwb.org)

Gainesville (Organizing) - Jean Tarigo [jean.tarigo@teamrwb.org](mailto:jean.tarigo@teamrwb.org)

Jacksonville Community Program - Dennis Volpe [dennis.volpe@teamrwb.org](mailto:dennis.volpe@teamrwb.org)

Key West (Organizing) - Tori Moffitt [tori.moffitt@teamrwb.org](mailto:tori.moffitt@teamrwb.org)

Panama City Community Program - Kelly Elrod [kelly.elrod@teamrwb.org](mailto:kelly.elrod@teamrwb.org)

Pensacola Community Program - David Glover [david.glover@teamrwb.org](mailto:david.glover@teamrwb.org)

St. Petersburg (Organizing) - Michael Pyron [michael.pyron@teamrwb.org](mailto:michael.pyron@teamrwb.org)

Tallahassee (Organizing) - Charles Dickerson [charles.dickerson@teamrwb.org](mailto:charles.dickerson@teamrwb.org)

## **University Area Community Development Corp**

14013 North 22nd Street, Tampa

Ronnie – [roliver@uacdc.org](mailto:roliver@uacdc.org); 813-558-1149 <http://www.uacdc.org/index.php/events-calendar>

***Get Moving Health and Wellness Program*** - offers free fitness classes Monday-Friday at the community center; including Yoga and Meditation. The fitness center is part of Hillsborough County Parks and Recreation and they do charge for \$5 for people who live in 33613 and 33612 and \$10 for members outside of the area codes.

## **Gardening**

### **Sustainable Living Project**

918 W Sligh Ave, Tampa

Georgea at [slpgeorgea@gmail.com](mailto:slpgeorgea@gmail.com)

Offers opportunities for gardening, building/infrastructure and composting.

### **Harvest Hope Community Garden**

University Area Community Development Corp., Inc.

14013 North 22nd Street, Tampa (813) 558-5212 Ext. 203

Contact Erica Nelson

***Volunteer Program*** – work in the community garden. You are allowed to take home as much produce as you want as a sweat equity exchange for free food.

### ***Offers Classes on Fridays from 9-11am in:***

Herbs	Cooking with Herbs	Edible Flowers
Butterfly Garden Basics	Seed Saving	Pollinator Power
Demonstrations – how to press flowers and make pressed flower crafts		
Food Preservation – canning, pickling, freezing		
Open Forum – ask any question	Good Bugs and Bad Bugs	
Basic Beekeeping	Pruning	
Mistaken Identities (insects and plants)	Safety in the Garden	

## **Golf**

### **Orlando**

Orange County National (OCN) 16301 Phil Ritson Way, Winter Garden

**Fairways for Warriors** - Tom Underdown [tom@fairwaysforwarriors.org](mailto:tom@fairwaysforwarriors.org) 407 399-0977

<http://fairwaysforwarriors.org>



## **Tampa**

### **JAHVA Adaptive Golf Program is Under Construction.**

**MacDill Air Force Base** – Provides golf on Wednesdays 4:30 – 6pm depending on weather.

Brian Burke at 813-826-2991 or [Brian.Burke.ctr@socom.mil](mailto:Brian.Burke.ctr@socom.mil)

**Florida Veterans Golf Association** – A veterans only Golf Association. Sign up online to receive information on Golf Events.

<https://floridaveteransgolf.com/join>

## **Hiking**

### **Not A Clue Adventures**

Provides outdoor guided adventures hiking, camping, backpacking, kayaking, etc. I work with adults, families, church and social groups. They can provide equipment, tents, lights, air mattresses, meals on overnight camping trips. In addition they offer outdoor skill classes.

Contact Jeanene Arrington at [notaclueadventures@gmail.com](mailto:notaclueadventures@gmail.com)

## **Kayaking**

### **Team River Runner Orlando Area**

Contact: [dana@teamriverrunner.org](mailto:dana@teamriverrunner.org)

### **Team River Runner Tampa Bay**

Contact: [mark.fratoni@teamriverrunner.org](mailto:mark.fratoni@teamriverrunner.org)

### **USF Kayak Training clinics**

Contact; Jason Gosch [jgosch@usf.edu](mailto:jgosch@usf.edu) or 813-974-6381

They will teach individuals how to paddle independently. Offer kayak classes in an indoor pool at USF Recreation Center. They will adapt kayaks and training for physical disabilities

### **USF Kayak Program**

USF Riverfront Park 6550 E Fletcher Ave, Tampa, FL 33617

Obtain a card from the Adaptive Sports Program. Show card and Military or VA ID to request a kayak for a limited time frame. Paddle the Hillsborough River.

## **Adaptive Kayaking**

Terry Hobbs - [severnkayaking@gmail.com](mailto:severnkayaking@gmail.com); or 813-514-3107

### **Rent a canoe or kayak on your own**

Contact Hillsborough County Parks, Recreation and Conservation at (813) 757-3802.

- E.G. Simmons Park, 2401 19th Ave., N.W. in Ruskin
- Lake Park, 17302 N. Dale Mabry Hwy. in Lutz
- Lettuce Lake Park, 6920 E. Fletcher Ave. in Tampa
- Upper Tampa Bay Park, 8001 Double Branch Road in Tampa
- Riverfront Park Fletcher – USF affiliation

## **Martial Arts**

Knowledgeable instructors can provide instruction based on your abilities. Please contact them to determine next scheduled session.

**Rick Cicero – Instructor** [richard\\_cicero@bellsouth.net](mailto:richard_cicero@bellsouth.net) or 434-294-5883

## **Motorcycle Tour Rides**

John Spina, Managing Partner

USA Trike AdVentures, LLC

813-563-3278

[www.usatrikeadventures.com](http://www.usatrikeadventures.com)

- Offers tours on a 3 wheeled motorcycle around the Tampa Bay area.

## **Outdoor Sports**

**Florida Disabled Outdoors Association** - Offers opportunities for a variety of adaptive sports. Check out the Resource tab for accessible opportunities in Florida.

[www.fdoa.org](http://www.fdoa.org) 850-201-2944

**Disabled Sportsman's Message board** - intended to be a forum for disabled sportsman to share anything they want too with other disabled  
<http://forum.gon.com/forumdisplay.php?f=146>

## **Pickle Ball & Wheelchair Pickle Ball**

### **Jackson Springs Rec Center**

8620 Jackson Springs Rd, Tampa

Wayne Mayweather @ 813-802-3800 [MayweatherW@HillsboroughCounty.org](mailto:MayweatherW@HillsboroughCounty.org)

### **New Port Richey Recreation & Aquatic Center**

6630 Van Buren Street, New Port Richey

Wednesdays @ 11a \$3

Call for details: Tom Helfrich 727-264-7322

## **Racing**

Learn by working directly on dedicated project vehicles in the shop. Training is delivered by experts from the motorsports industry and team leaders.

John Vann, Vice President and Regional Director

Racing4Vets, Inc. (513) 400-8875 [info@racing4vets.org](mailto:info@racing4vets.org)

## **Rowing**

Erg machines are available for training contact Adaptive Sports to schedule:

### **Sarasota Rowing Program**

Kevin Kenny – 941-915-2349

### **Sarasota County Rowing Club –**

Joe Dobson [joedobsoncdr@yahoo.com](mailto:joedobsoncdr@yahoo.com) or 941-266-7173

## **Sailing**

### **Freedom Waters Foundation**

Naples and Fort Lauderdale - 239-263-2377

<https://www.freedomwatersfoundation.org/programs/#veteransProgram2>;

**Sailability**

1001 Gulf Blvd, Clearwater

Claudia Nable [claudi825@yahoo.com](mailto:claudi825@yahoo.com); 727-489-9468 [www.sailabilitygreatertampabay.org](http://www.sailabilitygreatertampabay.org)

Sailing \$25.00 per person for two hours of sailing. Instruction is \$300.00 per person.

**Warrior Sailing Program**

Cory Kapes - St Petersburg Sailing Center

Program Manager [Cory@WarriorSailing.org](mailto:Cory@WarriorSailing.org) or (727) 773-6164

Sailing Clinics and training for Beginners, Intermediate and advanced

**Scuba****Dive Care**

St. Petersburg

Phone: 727-656-9714; Bill Hardiman; [info@divecare.org](mailto:info@divecare.org)

**Good Roll Model Inc**

Felicia and Michael Berg

Palm Harbor; 727-278-6540

**Saguaro Scuba**

908 E Impala Ave, Mesa, AZ

[info@saguaroscuba.com](mailto:info@saguaroscuba.com); (877) 837-7637, (480) 507-3988

Offers Adaptive Scuba Dives. Must be certified to participate.

**LifeWaters**

[www.lifewaters.org](http://www.lifewaters.org)

Jill Knapp 303-378-7164 or [jcampbell@lifewaters.org](mailto:jcampbell@lifewaters.org)

**Swimming**

**YMCA** – Beginner to Intermediate swim lessons. **Must be a member to participate**

16221 Compton Dr, Tampa

Kass – Adaptive Swim Coach - 813-866-9622

**My World Therapeutic Recreation Services**, Clearwater

Dawn Lewellyn [www.myworldtrs.com](http://www.myworldtrs.com) [dawn@myworldtrs.com](mailto:dawn@myworldtrs.com) or 727-641-5778

**Ocean Swimming**

**Open Water Swimming** -available for beginners to advanced competition  
**Contact:** Chris Graham 239-395-3642; 2631 Sanibel Blvd., Sanibel

### **Table Tennis**

Tara Profitt [tara.profitt@gmail.com](mailto:tara.profitt@gmail.com) or 860-306-4200  
Table Tennis Clubs

Valerie - 305-849-2069 – for local clinics and training

### **Taekwon-Do**

Belinda Romero – Program Director 813-988-3349 or [taekwondotampa@gmail.com](mailto:taekwondotampa@gmail.com)  
- Call for schedule and prices

### **Tai Chi**

Contact in the Tampa Bay Area - Jean Swantish 877-398-1108

#### **Taoist Tai Chi Brandon**

911 Bryan Road Brandon; 813-685-1211

#### **Taoist Tai Chi Dunedin**

453 Edgewater Drive, Dunedin; 727-734-0929

#### **Taoist Tai Chi St. Petersburg**

1811 Dr. Martin Luther King Jr St N, St. Petersburg; 727-896-2620

#### **Taoist Tai Chi Sarasota**

4101 South Lockwood Ridge Road, Sarasota; 941-365-0999

	<b>1 Month</b>	<b>4 Months</b>	<b>12 Months</b>
Adult	\$45	\$165	\$450
Senior (60+)	\$35	\$125	\$350

### **Tennis**

#### **Wheelchair Tennis and Stand Up Tennis -**

USTA – Billy Hannigan 407-640-1407 - [hannigan@ustaflorida.com](mailto:hannigan@ustaflorida.com)

Provides beginner clinics for Wheelchair and Stand Up Tennis.

## **Therapeutic Horse Back Riding**

### **Bakas Equestrian Center**

11510 Whisper Lake Trl, Tampa  
(813) 264-3890 [www.bakasridingcenter.com](http://www.bakasridingcenter.com)

### **Inspire Equine Therapy Program**

1743 Doncaster Rd, Clearwater  
727-348-7104 [inspireequinetherapy@gmail.com](mailto:inspireequinetherapy@gmail.com)

### **Instride Therapy**

1629 Ranch Rd, Nokomis  
(941) 412-9333 [DailaL@instridetherapy.org](mailto:DailaL@instridetherapy.org); [LisaM@instridetherapy.org](mailto:LisaM@instridetherapy.org)  
Website: [instridetherapy.org](http://instridetherapy.org)

### **McCormick Research Institute**

4651 Rummell Road, St. Cloud  
407-933-7433 (RIDE) <http://www.mccormick.us/>

### **PJJR Ranch Corp**

Bartow Riding Area 1702 US 17 S, Bartow  
[Pam 407-832-2513](tel:407-832-2513) or [J.R. 863-450-9947](tel:863-450-9947)

### **Quantum Leap Farm**

10401 Woodstock Road, Odessa  
813-920-9250 [www.quantumleapfarm.org](http://www.quantumleapfarm.org)

- 2 free Therapeutic Horseback riding sessions per month; Volunteering

### **Saddle Up Riding Club, Inc**

9301 62nd St N, Pinellas Park (727) 520-3132  

- Therapeutic Horseback riding, Volunteer opportunities

### **Sarasota Manatee Association for Riding Therapy**

4640 CR 675, Bradenton; 941-322-2000

### **Therapeutic Riding Association, Inc.**

6850 SE 41st Ct, Ocala · (352) 732-7300

### **TiAnViCa Horse Back Riding**

3380 State Rd 60, Bartow

888-548-2972; 863-581-7859 [sara@tianvica.org](mailto:sara@tianvica.org)

- Free Weekly Therapeutic Riding and volunteer opportunities

### **Triathlon**

Hector Torres - 321-443-0073 or [htorres@centralfloridatriclub.com](mailto:htorres@centralfloridatriclub.com)

### **Volleyball**

#### **Beach Volleyball**

VetSports Tampa - Competitive and Recreational teams

Taylor Urruela – 314-288-8085; [brian\\_taylor@vetsports.org](mailto:brian_taylor@vetsports.org)

Website: [www.VETSports.org](http://www.VETSports.org)

#### **Sitting Volleyball**

### **Molly O'Bryan**

Florida Region of USA Volleyball, Inc.

15010 US Highway 441 - Eustis

(352) 742-0080; [Molly@floridavolleyball.org](mailto:Molly@floridavolleyball.org) W: [www.FloridaVolleyball.org](http://www.FloridaVolleyball.org)

### **Yoga**

#### **Lakeland Area**

Michelle Pugh – contact Michelle for dates, time and location

[Mpugh68@gmail.com](mailto:Mpugh68@gmail.com) (863) 559-5529

#### **Tampa**

Exalted Warrior Foundation [annie@exaltedwarrior.com](mailto:annie@exaltedwarrior.com) or 813 702 9642

4809 Memorial Highway, Tampa, FL (located behind hotel) Drive through parking lot towards black metal fence. **Look for a sign to the International Institute of Orthotics and Prosthetics.**

Monthly yoga sessions. Scheduled the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month. Sessions are Subject to change. Free to active duty and veterans.

**Yoga 101** – 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month 10:45am-11:45am

If you are unable to attend the weekly sessions you can follow recorded sessions online. <https://www.exaltedwarrior.com/> and click on Practice Yoga and iRest Tab.

### **Pasco**

#### **Pose By Pose**

Jennifer Leavy - (727)709-4026 [info@posebyposeyoga.com](mailto:info@posebyposeyoga.com)

#### **Veterans Alternative**

727-939-8387 or email [Janel@VeteransAlternative.org](mailto:Janel@VeteransAlternative.org)

Ask for Alison, Accelerated Resolution Therapist

Friday - Kali martial arts from 2-5pm, iRest 5:30pm

Tuesday and Thursday – Gentle Yoga at noon followed by an iRest session.

Wednesday - at noon power yoga.

### **Sarasota**

Garden of the Heart Yoga Center

Connected Warriors Program – Harmony, Yoga Instructor

2888 Ringling Blvd, Sarasota

941.341.9781 [info@gardenoftheheart yoga.com](mailto:info@gardenoftheheart yoga.com)

### **Winter Haven Area**

#### **Inside/Out Studio**

52 Fourth St. NW, Winter Haven

Contact Allison or Jody; [\(863\) 224-2311](tel:(863)224-2311)

Beginner Yoga class on Friday 8 - 9am; Chair Yoga class: Tues 9:30 - 10:30am

### **Yoga Resources**

<https://connectedwarriors.org/> - online resources



[www.yogaforvets.org](http://www.yogaforvets.org) –

Locate yoga opportunities in your local community.

<https://www.veteransyogaproject.org/veterans>:

Visit the [Practice Library](#). Videos and other resources to begin: *Breathing, Meditation, Mindful Movement, Guided Rest and Gratitude*. There is Daily Live Online Streaming Classes! Check our [Facebook page](#) for schedule.

## **YouTube - Search Therapeutic/Restorative Yoga for Videos**

### **Watersports**

#### **Oceans of Hope Foundation**

PO Box 2051, New Smyrna Beach; <https://oceansofhopefoundation.org/>

- Offers surfing opportunities for people with mobility deficits.

#### **On the Edge - – Adaptive Watersports**

Robert Kasper [rkasper@bechtel.com](mailto:rkasper@bechtel.com)

#### **Ann's Angels – Adaptive Waterski**

Winter Haven - [annsangelsawf@gmail.com](mailto:annsangelsawf@gmail.com); [407-342-6635](tel:407-342-6635)

#### **Wake For Warriors – Water Sports**

David 678-480-5936 [djdeep@wakeforwarriors.org](mailto:djdeep@wakeforwarriors.org); <http://www.wakeforwarriors.org>

### **Parks and Recreation Centers / Senior Center**

<https://www.hillsboroughcounty.org/en/residents/recreation-and-culture->

Resources on Arts and Culture, Find a park, Outdoor Recreation, Recreation, Virtual Online Resources, Volunteering.

### **Brandon Area**

#### **Brandon Senior Center**

612 N. Parsons Ave., Brandon; (813) 635-8064

- Zumba Class Demo      Brain Fitness Solutions      Ice Cream Social

- Jewelry Making Class with Blanca
  - Interactive Wii Bowling Tournaments
  - Dance
- Simple Recipes  
The Ultimate Indoor Walk  
Painting for Joy

### **Brooksville Area**

#### **Brooksville Enrichment Center**

17222 Hospital Blvd., Medical Arts Building, Ste. 120, Brooksville

Serves adults in local community. Dedicated to helping you live a healthier life with health education, social and leisure activities, support groups.

Membership is \$15.00 per year.

Offers Board games; Congregate meals; Crafts and painting; Daily community activities and support groups; Dancing; Deaf services; Rug hooking; Tap dance; Yoga and exercise;

### **Clearwater Area**

**Long Center – Clearwater** – contact [dawn.lewellyn@myclearwater.com](mailto:dawn.lewellyn@myclearwater.com)

**YMCA** – Tampa Palms Branch, 16221 Compton Dr, Tampa

813-866-9622; Membership fees based on income

### **Dunedin Area**

#### **City of Dunedin Parks & Recreation - Dunedin**

1920 Pinehurst Road, Dunedin

Programming (727) 812-4530; Fitness/Wellness: (727) 812-4536

Check out our website at [www.dunedingov.com](http://www.dunedingov.com) for information

### **Gibsonton Area**

#### **Gibsonton**

**10017 Vaughn Road, Gibsonton; (813) 671-7601**

- Group Crossword Puzzle Game      Rethink Your Drink
- Survivor's Support Group      Chair Dancing to the Oldies

### **Lutz Area**

#### **Lutz Senior Center**

**112 First Ave. NW, Lutz; (813) 264-3803**

- Health Topic      Zumba Gold      Spanish Conversation for beginners
- Pinochle Group      Chess Club for beginners or experienced players
- Computer Classes for Beginners

### **New Port Richey Area**

#### **New Port Richey Recreation & Aquatic Center**

6630 Van Buren Street New Port Richey

Call for details: Tom Helfrich 727 264 7322

Daily fees or all-inclusive Annual fees

Offers: -Pickle Ball on Wednesdays @ 11 AM-12:30 PM - Cost: \$3

-Tai Chi      -Yoga      -Silver Sneakers      -Fit Forever

### **Orlando Area**

CFL Dreamplex Adaptive Sports Program

Offers introductions to Tennis, Basketball, Sit Volleyball and Power Soccer.

Jodi at 352-638-5169 or [jsmigelski@cfldreamplex.com](mailto:jsmigelski@cfldreamplex.com); website: [cfldreamplex.com](http://cfldreamplex.com)

### **Tampa Area**

#### **Jackson Springs Rec Center**

8620 Jackson Springs Rd, Tampa

-Weight Room for \$10 monthly      - Seated Volleyball

Wayne Mayweather @ 813-802-3800 [MayweatherW@HillsboroughCounty.org](mailto:MayweatherW@HillsboroughCounty.org)

**Northdale Owls** – Becca Mendoza 813-734-4692; 3853 Northdale Blvd, #374, Tampa

**Over 50** recreation programs. Offers Pickleball to Bingo. Contact them for a complete schedule of events.

**All People's Life Center** – Work out gym & ½ mile outdoor paved trail  
6105 E. Sligh Ave, Tampa; 892-0053

\$10 per month membership for gym access / show valid ID

**Progress Village**

**8701 Progress Blvd., Tampa; 813-671-7633**

- presentation on Health and Literature      Book Club      Arts and Crafts
- Movie Day      Computer Classes

**Oaks at Riverview Senior Center**

**101 E. Kirby St., Tampa; 813-272-6827**

- Presentations      Creative Writing Class

**Town n' Country Senior Center**

**7606 Paula Drive, Tampa; (813) 873-6336**

- Cooking Demonstration Cultural Club      Spirit Painting
- High Energy Cardio Fitness Class Computer Instruction
- Simplistic Art Creations Stretch and Tone      Creative Writing Workshop
- Indoor Ladder Ball/Ping Pong/Corn hole or Volleyball

**Thonotosassa Area**

**Sterling Heights**

**11706 Williams Road, Thonotosassa; (813) 987-6212**

- Brickhouse Cardio      Matter of Balance class

## **Team Sports**

### **Wheelchair Basketball**

#### **Strong Dogs - Tampa**

Coach Wayne Bozeman 813-892-0065

[bozemanc@hillsboroughcounty.org](mailto:bozemanc@hillsboroughcounty.org)

Coach Greg Lewis-Seals 615-525-5151 [g.lewiseseals@gmail.com](mailto:g.lewiseseals@gmail.com)

#### **Orlando Magic Wheels – Orlando**

Coach Doug Lilly 407-810-4697

### **Sled Hockey**

#### **Mark Sofia – Tampa Recreation and Competition Teams**

[mvsafia@yahoo.com](mailto:mvsafia@yahoo.com)

#### **Cameron Gomes – Orlando Dream Plex**

[cgomes@cfdreamplex.com](mailto:cgomes@cfdreamplex.com) or (352) 394-0212 Ext. 104

#### **Coach Ron Robichaud – Ft Myers Team**

**Florida Sled Hockey Assoc.** 4112 NW 36th Ln., Cape Coral  
207-252-7134 [www.floridasledhockey.com](http://www.floridasledhockey.com)

### **Wheelchair Softball**

Coach Shayne Wilkerson 813-928-8288

[ShayneWilkerson@verizon.net](mailto:ShayneWilkerson@verizon.net) or [wstb.softball@gmail.com](mailto:wstb.softball@gmail.com)

Coach Bill: 904-465-1725

### **Softball**

Wounded Warrior Amputee Softball Team (WWAST)

Dennis Wince c: (703) 434-2756 [www.thewwast.org](http://www.thewwast.org)

### **Power Soccer**

Don Peterson (813) 689-2714; [info@tampabayphoenixrising.net](mailto:info@tampabayphoenixrising.net) or  
[raguest@tampabay.rr.com](mailto:raguest@tampabay.rr.com)

### **Quad Rugby**

**Manager** - Justin Stark – 813-844-4711

**Coach** - Rudy – 813-951-4603

### **Creative Arts Opportunities**

**Help Heal Veterans** – Provides craft kits to veterans. You can pick up at a location near you or request they be delivered to your home. Search online [www.healvets.org](http://www.healvets.org) to sign up for deliver.

Tampa Branch – 813-454-3763

Bay Pines – 727-592-4987

#### **Veterans Art Center Tampa Bay**

6798 Crosswinds Dr. N., St. Petersburg; [www.vactb.org](http://www.vactb.org)

\*Basic Art Class on Tuesdays @ noon - \$30 per 2-3 hour session

\*Students will need to acquire their own supplies.

#### **Arts for Vets**

Bartow, Winter Haven and Lakeland; [www.artsensemblehealingarts.com](http://www.artsensemblehealingarts.com)

**Bartow** – Polk County Law Library, 3<sup>rd</sup> Floor  
255 N Broadway Ave, Bartow  
863-293-2700

**Lakeland** - AmVet Center; 1370 Ariena St, Lakeland  
(863) 688-3413

**Winter Haven** - 1000 American Superior Blvd Winter Haven  
(863) 845-2984

**Creative Arts Forum** – If you are artistically inclined have an instrument or just want to join in, Contact Kathryn Bryant for additional information 813-610-2609.

**Hukyu Bonsai Society** – Sign up for information on meetings and events. Club meets monthly in Clearwater or Tampa. Club charges an annual due of \$25 for individuals or \$35 for couples.

Jeffrey Haskins [jmhaskins@gmail.com](mailto:jmhaskins@gmail.com)

**Wandering Star Gallery**

Tanya Pistillo [www.wanderingstargallery.com](http://www.wanderingstargallery.com) 727-465-8558  
220 West Bay Drive, Largo

- Offers free Art classes to military

**Rustic Steel Creations**

Dominique Martinez Office 813-222-0016 [www.rusticsteel.com](http://www.rusticsteel.com)  
3919 N. Highland Ave., Tampa

- Offers Creative Welding Classes. Call to schedule a class.

**Craft and Wood Shop**

8223 Hangar Loop Dr, Tampa  
(813) 828-4413 or <http://www.macdillfss.com/>

**Paint22**

Paint22 offers art classes to military families. <https://www.paint22.com/>; 727-490-7338.

**Creative Open Mic Night**

**Art2Action, Inc:**

POC: Saori 727-519-8850

- Veteran Community Open Mic Nite 1<sup>st</sup> Sundays @ Tre Amici at “the Bunker”

**Music Related**

**Guitars for Vets** - <http://www.guitars4vets.org/>

Offers free guitar and lessons

## **CITY OF TAMPA RECREATION DEPT.**

[www.tampagov.net/parks-and-recreation](http://www.tampagov.net/parks-and-recreation)

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**Must Have a Recreation card with the City of Tampa to Participate:**

Tampa Parks and Recreation offers art classes to explore their creativity. Classes include pottery, stained glass, glass fusion, jewelry and metalsmithing, basketry, drawing, painting, watercolor, mixed media, digital art, sewing, ceramics and printmaking.

### **Hyde Park Art Studio**

702 S. Albany; 813-259-1687

12 pottery wheels, jewelry studio. Features state of the art jewelry equipment donated by The Florida Society of Goldsmiths.

### **Martin Luther King, Jr. Art Studio**

2300 N. Oregon Ave.; 813-259-1607 Sewing machines, sewing tools, jewelry making supplies

### **North Hubert Art Studio**

309 N. Hubert Ave.; 813-282-2911

Hand-build pottery supplies/tools, molded ceramic supplies, jewelry making, stained glass and woodworking.

### **Taylor Art Studio**

611 W. Indiana Ave.; 813-274-8364

studio for stained or fusion work, glass fusion, jewelry making, pottery classes.

### **Ybor Art Studio**

1800 8th Ave.; 813-242-5370

potter wheels, silk screening printmaking, printing press, jewelry studio with equipment for casing and fabrication techniques, photo/negative scanner.

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**MacDill Craft and Wood Shop** – must be able to access MacDill Air Force Base.

8223 Hangar Loop Dr, Tampa; 813 828-4413 <http://www.macdillfss.com/>

special intro/safety classes that run intermittently throughout the year  
offer a wide variety of custom products and services - Custom Frame Shop, Wood Hobby Shop, and Auto Hobby Shop.

## **Volunteering Opportunities**

### **\*Guide Dogs – Volunteer to walk a puppy**

<http://www.guidedogs.org/volunteer/hug-a-puppy-walk-a-dog/>

941.729.5665 for locations and to sign up



## **\*Clearwater Marine Aquarium**

To apply go to [www.SeeWinter.com](http://www.SeeWinter.com); Click on Volunteer link

Select a date for a meeting to attend and Make reservation online

Check website to learn more and to sign up for an orientation class [www.seewinter.com](http://www.seewinter.com)

Clearwater Aquarium offers multiple opportunities, and a few are listed below:

**Turtle dept**                      **SeaLife Safari boat**                      **Marine mammal dept.**  
**Guest Services dept.**                      **Water quality dept.**                      **Retail dept. – Gift Shops**  
**Dive team** (must be a certified diver)                      **Education dept. - Animal Educator**  
**Hospitality dept.**

**RVR Horse Rescue** – 1710 W State Rd 60, Plant City

Kelly Ford 813-334-1085    [kelly@rvrhorserescue.org](mailto:kelly@rvrhorserescue.org)

Volunteers needed to assist with care for the Rescued Horses.

Volunteer areas include: Feeding, mucking, grooming, bathing, hoof care, skin care, LAR- large animal rescue techniques. Fence building and repair, barn maintenance, vehicle maintenance. Outreach - Community events, educational events.

Administrative - Office work, technology

## **Continuing Education**

### **OLLI Membership**

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Join the Osher Lifelong Learning Institute at USF for low-cost learning **opportunities designed for adults age 50+.** OLLI offers members: **300 liberal arts and computer training courses each year**

- **Free lectures, day trips and special programs**
- **Special interest groups**                      **Discounted registration for additional courses**
- **Borrowing privileges at the USF Tampa Library**

Membership is just \$35 per year or a three-year membership for the special price of just \$90.

<http://www.conted.usf.edu/seniors/membership.html>;

<http://www.conted.usf.edu/pdf/evergreen.pdf>

You can register by phone Mon.-Fri., 8 a.m. - 4.p.m., at **813-974-2403**

## **Animal Services**

### **Dog Tag Heroes**

St Petersburg; 727-577-5455

Offers assistance to foster animals for Active Duty Service members and veterans who may need to give up their service animal for a short period of time.